

Come into ACTION (SFC 30)

If you suffer from psychological issues like stress, anxiety, feeling down, etc. you may benefit from 'Come into ACTION'. ACT focuses on making conscious decisions regarding your behavior; do you choose to avoid difficult situations, feelings or thoughts? Or are you willing to step out of your comfort zone and live your life according to your personal values? Check the [website](#) for more information of the course.



TU/e

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